



Craighead Diocesan Challenge -Central South Island Charity Bike Ride

This document contains supporting information surrounding the CDS Challenge specific to the Central South Island Charity Bike Ride (CSICBR). You must participate in the CSICBR as a cyclist to achieve the CDS challenge and fully respect the guidelines and requirements given to you by the event itself.

Standard event information is available from the CSICBR website which outlines core event training, timelines, equipment and other information. This can be found at: <http://csicbikeride.co.nz/>

Other supporting information provided below adds further detail from previous participants.

Training guidelines

I rode in 2015 in the Brown Bears after having completed the ride in 2014. Six friends and I all trained together from late September onwards for the late February ride. We were a mix between road bikes and mountain bikes and all at different fitness levels. Here's the group training that we did:

Week 1- First ride was 16km at an easy rate, learning to group ride

Week 2- Two rides (16km & 23km)

Week 3- Two rides (23km)

Week 4- Two rides (23km)

Week 5- Two rides (23km & hard 16km)

Week 6- Two rides + official training ride (18km & 23km)

Week 7- Two rides (19km & 30km)

Week 8- Three rides (22km, 18km & 16km)

Week 9- Two rides (24km & 36km)

Week 10- Two ride + official training ride (13km* & 23km)

Week 11- Two rides (16km, 23km)

Week 12- One ride + official training ride (13km*)

Week 13- Two rides + official training ride (13km* & 25km)

Week 14- One ride (41km which was Mt Horrible)

Week 15- Two rides (23km & 30km)

Week 16- Two rides + official training ride (15km* & 23km)

Week 17- Two rides + official training ride (16km & 30km)

Week 18- Two rides (23km & 30km)

Week 19- One ride (23km)

Week 20- One ride + official training ride (21km)

Week 21- Two rides + official training ride (16km* & 30km)

Week 22- Official training ride + CSICBR

* Are rides the day after the official training ride

I would suggest you to be doing at least 1-3 decent rides a week, increasing in length the further training gets on, but in saying that it's also good to mix up the intensity of the rides (e.g. gut busting a short lap rather than always doing long ones comfortably).

Keep it safe. Always let someone know what route you're going on rides and take your cell phone with you.

Training ride gear

- Bike/Helmet
- Bike pants and gloves (available online on Ground Effects or Torpedo 7 or local bike shops)
- Sunglasses
- Merinos
- Slick tyres to change to around Christmas (for mountain bikers)
- Rainproof/windproof jacket
- Spare tube
- Bike pump and mini toolkit (handy but optional)
- Water (Carried in some way whether it's drink bottle holders on your bike or a camel back)
- On training rides you'll want to take food to keep you going (e.g. scroggin, muesli bars –I used one square meals-, nuts, lollies, etc.). They'll provide lollies, water and raro on the official ride along with food at the official stops

Event gear

- o A sense of Humour
- o Sleeping Bag or Duvet
- o Sheets if wanted (for army camp)
- o Pillow
- o Comfortable clothing for evenings (jandals are a good idea, PJ's)
- o Personal toiletries (e.g. soap, deodorant, toothbrush)
- o Personal Medication (e.g. hay fever tablets, inhaler, Panadol)
- o Anti-flam
- o Wet weather gear (rain jacket, thermals, hat)
- o Cycling gear (official jersey, helmet)
- o Sunscreen
- o Sunglasses and lip balm if wanted
- o Cycle Toolkit/Bumbag if wanted
- o Spare tubes
- o Spare tyres
- o Drink Bottle(s)
- o Money (for extras)
- o Camera
- o Raro/Energy drinks - last year they provided raro
- o Energy food (e.g One square meal, scroggin', gels, etc.) – last year they provided lollies
- o Togs (there's a stream at Kurow_
- o Towel(s) - for showers and swim if wanted
- o Phone + chargers
- o Day bag - need for car with the following in it: spare tubes, wet weather gear, sunscreen
- o **BIKE ... As if we'd forget that**

Fundraising

Following are some ideas that will hopefully help you reach your target fundraising amount as required by the CSICBR.

- Stationary cycling at supermarkets
- Raffles around local businesses with permission
- Taking the 'big' sponsorship forms to businesses
- **The best way is simply by asking people, because it's such a worthy cause that most Timaruvians will support and are interested in!**